

THE SPANISH FORK PRESS
WEEKLY
ELISHA WARNER, PUBLISHER
SUBSCRIPTION
PAYABLE IN ADVANCE

Additional Local News

Another gem for his crown, our old friend G. A. Hicks has succeeded in getting a bill through Congress granting Aunt Persis McKee of Lake Shore a pension of \$12 per month.

Mrs. G. A. Hicks came near bleeding to death last Friday, Saturday and Monday nights from the nose. She twice lost consciousness. She is recovering and is able to get around the house again.

Little Frankie Morgan is a philosopher. His mother scolded him for being naughty. "Mamma" said he, "How can I help being naughty when I have no farm to work on." He now works in the garden.

Praise for French Lightships.
French lights are the best along the shores, say the navigators. They are posted low, close to the water line, and so do not mislead like the Italian pharos perched high above the sea. They have the best lenses and are always visible.

Advice for the Rich.
If thou art rich, then show the greatness of thy fortune; or, what is better, the greatness of thy soul, in the meekness of thy conversation condescend to men of low estate, support the distressed and patronize the neglected. Be great.—Sterne.

Huh!
It's easy enough to be honest when life flows along like a song, but when you're out of work and the rent is due and your wife is ill and the children are hungry and you see some thing you want and there's nobody looking and you've got to a point where you don't much care if there is some one looking, because a warm cell is as good as a cold pavement—why, then—?—Life

Three-Dollar Gold Pieces.
Beginning with the year 1854, and ending with the year 1889, there were 559,792 of these-dollar gold coins sent out from the United States mints, a total value of \$1,679,376. A few were made in the early years at the mints at Dahlonega and New Orleans and quite a number at the San Francisco mint up to 1860, but the bulk of these coins were turned out by the mint at Philadelphia. They were never coined in sufficient numbers, these figures show, to become really familiar to the people outside of banks, and it is hardly strange that the existence of the coin should be now largely forgotten.—Housekeeper Magazine.

How Many Gentlemen?
Which of us can point out many such in his circle—men whose aims are generous, whose truth is constant, and not only constant in its kind, but elevated in its degree: whose want of meanness makes them simple; who can look the world honestly in the face with an equal manly sympathy for the great and the small? We all know a hundred whose coats are very well made, and a score who have excellent manners, and one or two happy beings who are what they call in the inner circles, and have shot into the very center and bullseye of the fashion; but of gentlemen, how many? Let us take a little scrap of paper and each make out his list.—Thackeray.

To Be Agreeable.
It requires tact and judgment, as we all know, to decide when it is best to talk and when to listen. In the presence of men and women of superior talents and accomplishments, or of wide experience of the world, we must be wary and not let our vanity run away with us. To such persons we cannot be able to afford intellectual squabbles, and therefore it will be well to avoid giving our opinions at all, unless these are called for. With men and women of small talent and accomplishment we must also be on our guard lest they find us dull and wearisome. It is with our intellectual equals, or with persons of generous disposition who like to feel out the talents of others, that we feel the greatest freedom and at the happiest results.—Harper's

Choosing a Career.
What are you going to do when you grow up? This is the favorite conundrum which the kind aunts and uncles put to the boys when they come home from school; and of late they are beginning to put it to the girls also, since it has been reluctantly admitted that a girl may rightly have something to say about what she would like to do in the world. But how is it possible to make anything more than a blind guess at the answer, unless the boy or girl has some idea of the practical which is to be worked for. To choose a trade, a business, a profession, without knowing what kind of a result you want to get out of your labor, is to set sail in the dark. It is to have a course, but no haven; an employment, but no vocation.—Henry Van Dyke.

THE PRODUCE MARKET

Oats and barley dropped a few cents last week, strawberries still hold the same cost.

Wheat, per bushel	\$.80
Barley, per cwt	1.15
Oats " "	1.60
Bran " "	1.25
Shorts " "	1.35
Eggs, per dozen	.20
Butter—Separator	.27 1/2
Hens, per lb.	.15
Roosters, per pound	.07
Spring Chickens, per pound	.20
Potatoes, per bushel	.30
Strawberries per crate	1.50

For Sale or rent—The residence of Alma C. Hansen in Fourth Ward. Seven room house and full lot.

STRAWBERRY season is here. Leave orders at The Press office for berries. The berries we have for sale are grown from thoroughbred plants and are the largest, sweetest berries on the market.

"It cured me," or "It saved the life of my child," are the expressions you hear every day about Chamberlain's Colic, Cholera and Diarrhoea Remedy. This is true the world over where this valuable remedy has been introduced. No other medicine in use for diarrhoea or bowel complaints has received such general approval. The secret of the success of Chamberlain's Colic, Cholera and Diarrhoea Remedy is that it cures. Sold by all dealers.

So Deceptive
Many Spanish Fork People Fail to Realize the Seriousness.

Backache is so deceptive. It comes and goes—then keeps you guessing. Learn the cause—then cure it. Nine times out of ten it comes from the kidneys. That's why Doan's Kidney Pills cure it. Cure every kidney ail from backache to diabetes.

Here's a Spanish Fork case to prove it: Alma Cox, Third ward, Spanish Fork, Utah, says: "Since I gave a public statement recommending Doan's Kidney Pills in August 1907, I have not been bothered to any extent with kidney trouble. Once in awhile I have had back ache when I have caught cold, but Doan's Kidney Pills have never failed to relieve me. For ten years I was subject to attacks of kidney trouble, some of them so severe that I was laid up for weeks at a time. I could not stoop or move without suffering intensely from pains through my back and loins. The kidney secretions were attended by a burning sensation, when having one of these spells, I saw Doan's Kidney Pills advertised and I had my wife get a supply for me at Larson's drug store. I must say that I never took a medicine that gave such prompt and lasting benefit. The contents of one box of Doan's Kidney Pills cured me and I have been in good health since."

For sale by all dealers. Price 50 cents Foster-Milburn Co., New York, sole agents for the United States. Remember the name—Doan's—and take no other.

This Wicked World.
When a banker does go wrong, it seems to increase the general satisfaction if it is stated he was also superintendent of a Sunday school.—Atchison Globe

DAILY DIET HINTS

By DR. T. J. ALLEN, Food Specialist.

AUTO-NUTRITION.

Auto-nutrition, feeding upon one's own body, begins probably 12 hours after eating is discontinued. The supply of food may be discontinued from ten to forty days, according to condition and temperament, without, in most cases, serious injury, and with great benefit in many, curing disease of long standing that may have resisted all other therapeutic means. Ample clinical evidence as well as sound physiological theory now support this position, though fasting should not be undertaken without proper direction, beyond four or five days. Perfect food nutrition requires that all the elements needed to maintain the bodily functions be supplied in due proportion, so that there may be no surplus to eliminate and no lack. This is an ideal condition probably never realized, even on a perfect food, certainly never on the ordinary mixed diet under the abnormal conditions of nervous excitement. But the body tissues supplied by katabolism, the exact requirements; irritation is then reduced, elimination of poisonous food waste is obviated, the energy of digestion is saved and nature's forces are devoted to restoring normal conditions, which is always her purpose, figuratively speaking, as truly as rounding the dew drops.

Probate and Guardianship Notices.

Consult the County Clerk or the respective signers for further information.

NOTICE TO CREDITORS
In Re Estate of Myron Newton Crandall, deceased.
Creditors will present claims with vouchers to the undersigned at her residence, Provo, Utah, or to A. Saxe, Spanish Fork, Utah, on or before July 25, 1910.
AGNES L. CRANDALL, Administratrix.
A. SAXE, Attorney for Estate.

Probate and Guardianship Notices.

Consult the County Clerk or the respective signers for further information.

NOTICE TO CREDITORS
Estate of Elizabeth Ludlow, deceased.
Creditors will present claims with vouchers to the undersigned at his residence at Benjamin, Utah County, Utah, on or before the 15th day of July, 1910, or before H. W. GREEN, administrator of the estate of Elizabeth Ludlow, deceased. Date of first publication, March 10, 1910.
ELIAS HANSEN, Attorney for the estate.

NOTICE TO CREDITORS
Estate of David C. Bowen, deceased.
Creditors will present claims with vouchers to the undersigned at his residence at Spanish Fork, Utah County, Utah, on or before the 10th day of September, 1910.
HARRIET A. BOWEN, Administratrix of the estate of David C. Bowen, deceased.
Date of first publication, May 5, 1910.
ELIAS HANSEN, Attorney for the estate.

NOTICE TO CREDITORS
Estate of Moses Brigham Gay, deceased.
Creditors will present claims with vouchers to the undersigned at his residence at Spanish Fork, Utah County, Utah, on or before the 10th day of September, 1910.
Moses Brigham Gay, Administrator of the estate of Moses Brigham Gay, deceased.
Date of first publication, May 5, 1910.
ELIAS HANSEN, Attorney for the estate.

NOTICE TO CREDITORS
Estate of Elias H. Gardner, deceased.
Creditors will present claims with vouchers to the undersigned at his residence at Spanish Fork, Utah County, Utah, on or before the 15th day of October, A. D. 1910.
Date of first publication, July 23rd day of May, A. D. 1910.
ALFRED L. BOOTH, Administrator.
ALFRED L. BOOTH, Attorney.

NOTICE TO CREDITORS
Estate of Alfred L. Booth, deceased.
Creditors will present claims with vouchers to the undersigned at his residence at Spanish Fork, Utah County, Utah, on or before the 15th day of October, A. D. 1910.
Date of first publication, May 5, 1910.
ALFRED L. BOOTH, Administrator.
ALFRED L. BOOTH, Attorney.

Notice for Publication

Department of the Interior, U. S. Land Office at Salt Lake City, Utah, April 19, 1910.
NOTICE is hereby given that Laura L. Jones, widow of Frank A. Jones, deceased of Provo, Utah, who on April 15th, 1908, made Homestead entry 15064, Serial 4978, for the NE 1/4 NW 1/4 Sec. 24 T. 10 S., R. 8 E., and Adjudicial Homestead entry Serial No. 600, for the SE 1/4 NW 1/4 and NE 1/4 Sec. 24, Township 10 North, Range 8 East, S. L. Meridian, made by Laura L. Jones, widow of Frank A. Jones, deceased, has filed notice of intent to make final five year proof, to establish claim to the land above described, before the Clerk of the District Court, at Provo, Utah, on the 23rd day of June, 1910.
Claimant names as witnesses: J. S. Hilliard, A. J. Powell, H. Williams, and J. W. Coburn, all of Provo, Utah.
E. D. THOMPSON, Register.

I have opened up a first class
TIN & BICYCLE SHOP
IN
JEX BROOM FACTORY
I offer my services for all kinds of tin and bicycle work. Repairing well done.
I HAVE A COMPLETE LINE OF
BICYCLE SUPPLIES
G. FERWERDA

EASY WORK ON THE FARM
Day of Hard Labor Has Gone By According to This Tiller of the Soil.

A Jackson county farmer, serving on the jury recently, stood in the hall way of the Criminal court building a day or two ago, stretching and yawning, and complaining about not getting enough exercise out on the farm. "You fellows around the city do a lot of walking and shifting about," the farmer commented to a city man. "When I was on the farm plowing and cultivating the soil I had no complaint to make about not getting enough exercise," was the suggestive comment of the city man. "You lived away back there at a time when a man followed the plow and lifted it around at the end of the furrows, after having carried it to the field on his back, and such things," the farmer explained. "We ride and plow these days, you know. Most everybody else is done by machinery. Why, we have to construct a gymnasium on the farm to get a little exercise when we get up in the mornings and before we go to bed at night."

Then he stretched and yawned again, while the city man kicked himself—metaphorically—for having to work so hard.—Kansas City Star

Easy.
The easiest thing in the world is to make a promise that is to be filed in the machine future.—Atchison Globe.

CHAMBERLAIN'S Cough Remedy

Cures Coughs, Colds, Croup, Grip and Whooping Cough.

We are pleased to inform our readers that Chamberlain's Cough Remedy does not contain narcotics of any kind. This makes it the safest and best for children.

It makes no difference when you caught that cold, you have it and want to get rid of it quickly. Take Chamberlain's Cough Remedy.

It won't do to fool with a bad cold. No one can tell what the end will be. Pneumonia, catarrh, chronic bronchitis and consumption invariably result from a neglected cold. As a cure for coughs and colds nothing can compare with Chamberlain's Cough Remedy. Sold everywhere at 25c, 50c and \$1.00.

World Drug Co.

JAS. L. HALES H. B. HALES
The Spanish Fork Electric Supply Co.
Half block east of Commercial Bank
If you want supplies, fixtures, wiring or anything in the electrical line, get our estimates.
Lowest Prices - Best Goods

SEND US YOUR ORDER FOR Beer, Whiskey, Wines
Whiskey from \$4 to \$3 per Gallon
Cash Must Accompany the Order
SOCIAL BAR
502 State St., Salt Lake City, Utah

THE WHITE IS KING
Get A White Sewing Machine
SATISFACTION GUARANTEED
EASY TERMS
See or write
ARTHUR COOK
at the home of Ernest Broekbank

C. C. CRISMON F. J. NICHOLS
Crismon & Nichols
Assayers and Chemists
Office and Laboratory 229 S. W. Temple St., Salt Lake City, Utah
Reference: National Bank of Republic
Both Phones P. O. Box 78

L. M. Jones
Registered Optician
Any Lens Duplicated Satisfaction Guaranteed
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Both Phones No. 12
24 North Academy Ave., PROVO, UTAH
PRIVATE WIRE. PROMPT SERVICE

ARTHUR VANCE
VETERINARY
At Spanish Fork Fridays at Wren Livery
Office—Bell. 257 red; ind. 237 a
PHONE—Bell. 237 red; ind. 342 d
SURGERY, MEDICINE AND DENTISTRY

Good Deeds That Live.
Write your name in kindness, love and mercy on the hearts of thousands you come in contact with year by year; you will never be forgotten. Good deeds will shine as the stars of heaven.—Chalmers

SALT LAKE ROUTE
THREE
Daily Passenger Trains
EACH DIRECTION
Between Salt Lake and Utah County
New Standard Coaches and Chair Cars
CALIFORNIA
Passenger service will be resumed not later than June 15th, 1910. See nearest Salt Lake Route Agent or write the undersigned for California excursion rates.
J. H. MANDERFIELD, Asst. Gen. Pass. Agent,
SALT LAKE CITY, UTAH

Why Sell Your BUTTER AT 27c
When You Can Get 28c For Your Butter Fat
We pay you cash for your Butter Fat—Not Scrip. All Payments are Prompt
Yours for a good square cash deal,
STEWART CREAMERY COMPANY

"Optimism is a Boost"
"We can judge the future only by the past."
Three years of successful business has placed us beyond the EXPERIMENTAL STAGE. WATCH OUR REPORTS.
Consideration to patrons, conservative business methods, coupled with a keen interest in our mutual financial welfare.
THE COMMERCIAL BANK OF SPANISH FORK

FOR GOOD PAINTING GET

THE SHERWIN-WILLIAMS PAINTS
Jex Lumber Company

SUMMER SUNDAY EXCURSIONS
The Salt Lake Route
"UTAH'S MOST POPULAR ROAD"
will sell Sunday Excursion tickets to any station between Spanish Fork and Lehi at one fare for the round trip. Limited to date of sale.

GIVE US A TRIAL ORDER OF Job Printing
WE CAN DO IT PROPERLY